

Mr. Oswald Shell
Minden Ont., March 8

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Minden Progress

NO. 198

Thursday, March 28, 1968

5c Per Copy

Bantams Stay Alive With 3-3 Tie

HUGHES CHECKS SCHOMS BIG SHOOTER

After David Black of Schomberg bombed the locals in their first game, with six goals, coach Don Campbell had Tim Hughes shadow the big number 11 for second tilt.

Tim who doesn't possess the best finesse, had his work cut out, but did an admirable job, keeping Black to one goal, enabling the Minden team to tie 3-3.

This all happened in Schomberg on Saturday afternoon in the second game of the best of three series. The first game Schomberg downed the Minden Club 8-3 before a good crowd in Haliburton.

The third game will be played back in Haliburton on Saturday evening, game time set for 8.30.

The Minden Club have their back to the wall for this third game, anything but a win will eliminate them from advancing into the Ontario Finals. A win on Saturday night however will force this series into a fourth game, which will be played back in Schomberg.

A good crowd is expected in Haliburton on Saturday night, with plenty of vocal support behind them the Minden Bantams could very easily force this series into another game.

After a two week lay-off the Minden team found it hard to cope with Schomberg in the first game, the latter coming straight from a hard fought series with Bala. As a result Minden fell behind five goals before turning on the red light.

At the end of the first period in this first game Schomberg had hit for three goals, Black with two and Wilder picking up the single.

In the second period Rick Oldfield scored in the first five minutes of play, with David Black picking up his third three minutes later. At the ten minute mark Bev. Hicks fired Minden's first goal, set up by Bill Leary. Before the end of the period Black hit once more, making the score 6-1.

In the third period Minden came to life, Bev. Hicks scored in the early minutes. Black came back three minutes later to beat

Moxam At the ten minute mark Bev. Hicks who was Minden's only shining light fired in his third goal of the evening, only to have Black of Schomberg out-sparkle the Minden winger with his sixth goal to end the scoring.

Coach Campbell had only one sleepless night, figuring out his strategy for the next encounter which was the following afternoon in Schomberg.

Tim Hughes a strong aggressive right winger was given the job of stopping Black, playing the biggest part of the game, Black only managed one goal. Hughes, after the game covered with perspiration, had done his job well.

Playing most of the game was Jeff Campbell, Bev. Hicks and Bill Leary, this three-some should be congratulated for their fine effort. Bill Leary scored two goals, while Campbell shot home one.

Wayne Moxam continued his fine play in net, out on the blue line Bill Little came up with his best game of the year, with some fine defensive plays and some stiff body checking. Royce Miller and Scott Harvey, both came up with good defensive games.

The third game in Haliburton on Saturday night will be a thriller, it is hoped that the Bantam team have plenty of support from Minden, to cheer them on to victory.

ICE AND SNOW CONDITIONS

The Progress has had many requests for ice and snow conditions, on checking with the Department of Lands and Forests, we find as of Monday of this week there is 18 inches of ice on Lakes, slush covered. In the bush on ten readings, an average of 9.9 inches.

THURSDAY SMILE

A woman's greatest asset has always been and always will be a man's imagination.

KINETTES STAGE SPRING FASHION SHOW

On Thursday, March 21st, at the Archie Stouffer Public School, the Minden Kinette Club staged a fine Spring Fashion Show. The show featured clothes from Cox's Apparel and F. E. A. Griffiths Corp. Stores. Campbell's Garden Centre also donated door prizes.

The proceedings were opened with a welcome to the audience by the Kinette President Mrs. Joan Mackenzie. The program was then handed over to the convenor Mrs. Audrey Northey. Mrs. Jean Jackson was commentator for the evening.

Models were Kinettes, and their children as follows, Mabel Deacon, Linda McKnight, Audrey Northey, Jeanette Payne, Marg Windover, Irene Moxam, Shirley Collis, Jeanne Harvey presented comedy numbers. The children were Karen Mackenzie, Susanne Deacon, Luann McKnight, Lori Northey, Carl Northey, Jackie Payne, Barbara Payne, Pam Windover, Louise Pritchard, Jill Harvey, Shelly Moxam, Karen Moxam, Marie Collis.

Door prizes were won by Mrs. Heather Wade, Mrs. Marilyn Stouffer, Carrie Vasey, Lynn Hughes, and Mrs. Vern Gartshore. Prizes were donated by Campbell's Garden Centre, F.E.A. Griffiths Corp. Store and Cox's Apparel. President of the Club Mrs. Joan Mackenzie would like to pass a word of thanks to all those who donated prizes, and worked so very hard behind the scenes.

SIX INJURED IN CAR CRASH NEAR MINDEN

Six persons were injured in a two-car crash on Highway 35, near Minden Saturday which resulted in an estimated \$4,000 damage.

Lindsay hospital authorities said Douglas Tripp, 38, of West Hill was in satisfactory condition with chest injuries and internal injuries and Arthur Mackowiak, 31, of Buffalo, N.Y., was listed in fair condition with chest injuries and lacerations to his face.

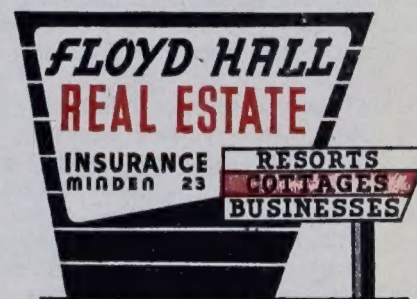
RMH SPOKESMAN ASKS COUNTY COUNCIL TO AUTHORIZE MUNICIPAL TAX LEVY

"The Ross Memorial Hospital Nurses' residence was offered to the county for the Victoria - Haliburton Counties Health Unit as a temporary accommodation for approximately a year, in order to give the new M.O.H. an opportunity to orient himself to the community and medical profession, which seemed advantageous due to the residence's proximity to the hospital. It was made very clear it was not to be a permanent location," Ross Memorial Hospital building committee chairman Eric Ferguson told Victoria County Council members on Monday when the building committee chairman and the RMH administrator, Eric Freeborn, appeared before council.

Eric Ferguson said in view of recent comments in the press he felt the record should be set straight. Commenting on recent criticisms and suggestions by some councillors that the residence should be used by the hospital to house its administrative staff, they intend to contribute to the building thus vacated for patients. Councillors were told a study was made which shows that the gain by such a move would be eight beds and the cost of renovations would be about \$128,000.

The building chairman pointed out that before the Hospital Board can obtain approval from OHSC and proceed with its plans for expansion as outlined to council, the Board must obtain some definite assurance in writing from the County Council (and thus indirectly from the Town of Lindsay) as to whether or not it is prepared to approve the financial commitment required by the Board of Governors and thereby authorize the necessary municipal tax levy.

He said it would appear the total amount of \$1,213,595 required by the Ross Memorial Hospital through taxation would have to be raised through the County mill rate, of which the Town of Lindsay contributes proportionately its share, since recent correspondence from the Council of the Town of Lindsay indicates they intend to contribute to the hospital's expansion program through the county mill rate only.

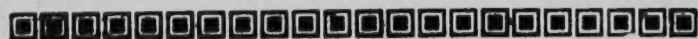


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HERE AND THERE

by FENWICK FINCH



Before I get into the column for this week I'd like to thank my readers who were kind enough to telephone and send cards asking for my well-being. The past week I was enjoying a little under-the-weather and the many inquiries helped a lot to improve things. Thanks again.

* * * *

Speaking of mail — every year about this time my good friend Ken MacMillan of the Ontario Hydro Property Department, sends me a card from Los Angeles and never fails to "rub it in about the snow" and the fact that he's "mowing his lawn, in the early morning, when it's cool."

That time has arrived again and Ken's card just arrived and, as usual, the message is the same. He also wants to be remembered to his many friends around Minden.

* * * *

It never rains but it pours. Last week I mentioned the fact that I had been unable to find a professional type photographer around the village at one time. Jim Wade popped up and over the week-end another photographer was brought to my attention. Cpl. Morris Baker of the O.P.P. has this as a hobby and is highly skilled at it. As well as his photography Cpl. Baker is an accomplished artist.

So, now we have two photographers — if my readers know of any more let me in on it and I'll pass the information on.

* * * *

Watching television and having the programmes interrupted by commercials tend to be annoying but it also makes us forget that some of this advertising is very clever.

Take for instance beer ads — it must take a great deal of skill and ingenuity to run the number of ads they do and yet, never at any time, show a drop of the stuff being used. I often wonder how long our hypocritical liquor laws are going to keep things the way they are. We have to admit, as viewers, we may be on the moronic side but to have our intelligence insulted every time one of these "blurbs" come on gets a little bit too much. However, things don't look as if they'll change.

Speaking of TV it would be kinda nice of the OPP if they would step up their transmission so I could hear what the messages are they keep putting over the air — when they transmit they cut out the TV reception from Ch 3 but, they're not clear enough to be read.

* * * *

Being a writer is a lonesome hobby — it's something you can't share with anyone unless they are kindred spirits and are willing to accept you, not as a kook, but someone with a hobby. I'm glad to see that the school of "creative writing" has received such a healthy following and that they intend forming a group to meet every month during the year. This is a good thing and will fill a long-felt need. The closest group I know of this nature is Collingwood and that's a little too far to attend meetings.

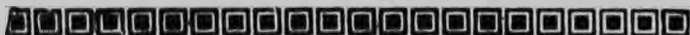
When they get the group formed I hope they can use another member — if they take outsiders — from some of my mail, any help I could get in "Creative Writing" would be appreciated by some of my critics.

* * * *

Well, that takes care of another week — drive carefully, I'll see you around.

* * * *

Fenwick



LORDC SPONSORS "CLEAN WATER" AS PART OF ANNUAL CAMPAIGN

The Lake Ontario Regional Development Council is currently sponsoring a "Clean Water Essay Contest" as part of its approach to the annual "Anti-Water Pollution Campaign".

Douglas McMaster, Chairman of the Anti-Water Pollution Committee of LORDC has announced the contest for all 9th and 10th grade English students in the following Counties: Victoria, Haliburton, Hastings, Lennox and Addington, Northumberland and Durham, Peterborough, Prince Edward.

The contest is one with a two-fold purpose; (1) to encourage the student in his English studies; (2) and to give him an opportunity to investigate a subject that will be of benefit to himself and the area in which he lives.

Grades nine and ten were singled out by the committee because English composition is stressed in these grades and these students are at an age where formative opinions and trends of thought are set. Letters have been sent to some forty high-schools in the area with the approval of the area Superintendents. We anticipate a good return. This contest is being carried out with the co-operation of the English departments of the various high-schools. Each school will have a finalist, selected by the English department. From all these finalists the ultimate winner will be selected. There is \$450. available in prizes. The final judges will be representatives from the Ontario Water Resources Commission, the Department of Lands and Forests, Trent University, the Conservation Authority and the English departments of the high-schools.

\$550 DAMAGE

Damage of \$550 resulted from a two-car crash on Highway 46, one mile east of Highway 503, Saturday afternoon.

Coboconk OPP said drivers of cars involved were George Bantam, 73, of Kirkfield and Melville Aldred, 55, of 18 Howard Ave.

Coboconk OPP Constable D. R. Mackay investigated.

LESLIE FROST IN ROME, ITALY

The Hon. Leslie Frost is presently in Rome attending a meeting of Massey Ferguson Ltd.

Massey Ferguson United Kingdom Ltd., British subsidiary of Massey Ferguson Ltd., Canadian producer of farm equipment will open a plant in Aprilia 20, miles south of Rome Tuesday.

The plant, valued at \$9,000,000 will produce farm machinery for the Italian and other markets.

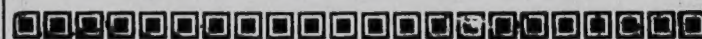
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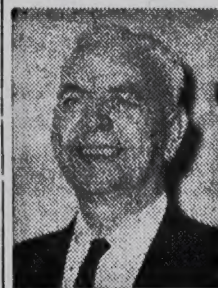
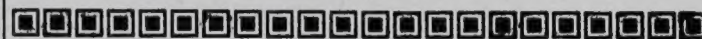
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Thursday, March 28, 1968

BATTLE OF THE BULGE

Men, have you ever had the opportunity to stay in bed till nine o'clock through the week days? On Monday morning of this week I slept in a couple of extra hours trying to out-point a cold I had picked up on the weekend. I was awakened by this grunt and groan from the living room. Have you ever heard it?

It was worse than the alarm, so I got up and dressed. When I peeked in our living room door, there was my good wife, trying her darndest to shed a few extra pounds, keeping time with that "keep fit fellow, Ed Allen". Everyone is weight conscious, do you know when it all started?

This weight training program started prior to World War II most physical educators and coaches looked upon weight training as an activity taken up only by men who wanted to develop big bulging muscles and the "Body Beautiful". It was generally believed weight training didn't help either the person interested in personal fitness development or the athlete interested in improved athletic performance. They thought the use of weights led to muscleboundness which would cause the athlete to lose speed, co-ordination and flexibility.

But, during World War II, weight exercises were used very successfully in the rehabilitation of men in the armed forces. It was found that the danger of becoming musclebound did not exist in a properly organized program. Thus, weight training, a strenuous exercise system, evolved as a training technique for use in Physical Rehabilitation programs. It differs from weightlifting which is regarded as a competitive sport.

Now, weight training has been accepted by most experts as a means of developing strength. Athletes in a wide variety of sports are using weight training programs designed especially for their sport. Swimmers are using weights and are swimming faster; high jumpers are using weights and are jumping higher; women and especially mothers are taking weight training programs, such as Ed Allen's instructions and are groaning louder. Where does it all end, now that everyone is doing the push-up bit?

As for a strenuous program for at least a couple of hours a day, I can see it. If a person can do some proper exercises till they perspire, working up a good head of steam, I think it does some good. This keeping time with some music, doing simple exercises as far as I am concerned is a waste of time. However, the women enjoy it, after their half hour workout is over they feel lighter, if nothing else.

Times have changed, since war days — it seems to be the gals that are all hept up in keeping fit. The men seem to spread a little around the middle and worry less.

That's the way it goes — I held my breath, and sputtered out, "only those who need them, take them", then I left for work.

PROVINCE SETS \$25,000 MAXIMUM FOR COMMUNITY CENTRE GRANTS

The maximum provincial grant will be increased to \$25,000 from \$5,000 for some recreational facilities under the Community Centres Act.

Under present legislation, the Government pays 25 per cent of a municipality's cost for a community hall, skating arena, outdoor skating rink, athletic field, or swimming pool, up to a maximum of \$5,000.

Agriculture Minister William Stewart lately introduced an amendment to the act which holds the Government's share at 25% but sets new maximum limits of:

- \$10,000 for a community hall, skating arena, athletic field, or outdoor skating rink;
- \$15,000 for an indoor or outdoor swimming pool;
- \$20,000 for a combined community hall and skating arena;
- \$25,000 for a combined community hall and indoor swimming pool.

"The amendments brought forward in this new act — clearly indicate the importance with which this Government views the local community as a social, business, educational and recreational centre," Mr. Stewart told the House. "We are recognizing that there are increased costs involved in establishing these facilities."

The increase comes at a time when the province is trying to curtail spending but at the same time increase aid to municipalities and realty taxpayers.

The amendments will also permit two municipalities to combine together to build recreational facilities and receive a 50 per cent grant.

Since the act was passed in 1948, the Government has paid out \$6,474,746 in grants toward construction of 279 arenas, 169 combined arenas and community halls, 1,397 athletic fields, 270 outdoor rinks, 776 community halls, and 206 swimming pools, Mr. Stewart said.

KINSMEN NEWS

The Kinsmen Club of Minden are sorry they could not get the cooperation from the weatherman for their Millionaire's Night, Saturday March 23rd. The few who did brave the elements enjoyed the fun through the hard work of Kinsmen Bill Payne and his helpers. It is hoped that there will be another Millionaire's Night soon, so more may enjoy the fun and games of being a millionaire for one night.

The Marathon winners for the Month of March were;

Mrs. Don Nye	\$100.00
Mr. Goldie Walker	\$50.00

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ONTARIO

A.C.W. BOWLING NEWS

March 21, 1968

Team Standings

1 Nola Danilko	89
2 Shirley Hughes	89
3 Dianne Stevens	87
4 Jean Sears	101
5 Roberta Walker	97
6 Doris Craig	83
High Single and High Triple	
Norma Parish 187 - 299 - 224 - 710	
Connie Burke 263 - 217 - 228 - 708	

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WOODS, WATERS AND WILDLIFE

By James Woodford

One of the first signs of spring in Ontario is the arrival of large flocks of whistling swans at Long Point Bay, on the north shore of Lake Erie.

The swans stop to feed and rest during their annual spring flight to their breeding grounds in the arctic.

The whistling swans migrate by day and by night, flying in long "V's." Their pure white wings and bodies and long necks stretched out full-length mark them as swans.

On March 30th and 31st the Federation of Ontario Naturalists is sponsoring a Field Gathering to see the swans and other waterfowl. The public is cordially invited to attend.

Watch for specially marked FON Guide Cars when you arrive at Long Point.

Long Point is near Port Rowan. To reach the point go south on Highway 519 from Highway 3, near Courtland. An alternate route is to go south on Highway 24 at Simco, then through Vittoria, St. Williams and Fort Rowan.

Suggested observation points at the head of Long Point Bay are the high ground overlooking the Bay near the water tower at Port Rowan; the causeway that runs out from the mainland just west of Port Rowan (Highway 59); the boat launching ramp in the provincial park; and the end of the road leading to the old Cut Inn.

The whistling swan is the common swan of North America. In size this magnificent snow-white bird ranks among our waterfowl as second only to the trumpeter swan. While its former vast numbers have been greatly reduced, they still exist in comparative abundance.

They breed in the low and middle arctic, north to Banks and Baffin Islands. The nest is a mound of moss or grass on the ground, frequently near water. The female lays from three to five creamy white eggs.

SPORTS

WITH BOB BEENEY

The Minden Bantams staged a suprising comeback last Saturday afternoon when they tied Schomberg 3 - 3 in an overtime play-off game. The game was the second game of a two out of three semi-final series that Minden had to either win or tie or be eliminated from the play downs. Schomberg had defeated Minden 8-3 on Friday night in the Haliburton Arena in the first game of the series.

After being down 2-0 in the second game the team fought back and scored three goals while Schomberg added another tally.

The marksmen for Minden were Jeff Campbell with two and Bill Leary notching one.

The team played perhaps the best game they have this year with all the players coming up with a good performance.

Tim Hughes played an excellent game even though he had the difficult assignment of checking Schombergs big gun.

The first game of the series that Minden lost 8-3 wasn't as one sided as the score would indicate. Minden had numerous scoring chances early in the game but because of good goaltending were unable to capitalize when it would of helped them most.

Bev. Hicks put Minden on the score sheet by coming up with a three goal performance.

Although Minden had been practicing in preparation for the Schomberg series the two week lay-off without a game since the Keene series hasn't helped them any.

If the team can come up with a win on Saturday night a date will have to be set for the final game that would be played in Schomberg.

A full house on Saturday night would be a real help for the team and all the support given will be appreciated.

On Monday night the Minden Novice team won the M. M. Dudman Trophy in a tournament held at Kinmount.

Minden defeated Coboconk in the first game of the tournament by a 5-4 score. Minden opened the scoring in the first period however Coboconk scored shortly after to tie the game.

In the second period Coboconk capitalized on a Minden let down in play and scored three unanswered goals to lead 4-1 at the end of the period. Minden staged a rally in the final period and raced ahead and hung on to a 5-4 win.

Kinmount and Minden tangled in the second game with the Dudman Cup at stake.

Although tired from the first game Minden managed to eke out a 6-4 win with the whole team playing determined hocey.

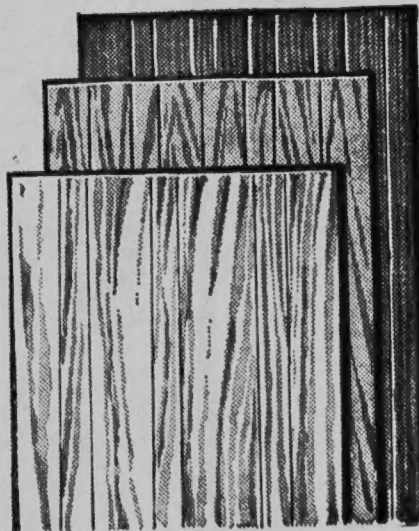
Dean Hewitt was th ebeg gun of the night scoring nine goals and Curtis Rogers checking and handling of the puck was a big factor in the two wins. Keith McIntosh played well in goal stopping the opposition in close in drives quite often.

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DOLLARS AND GOOD SENSE

by William J. Martin

This column is a regular weekly feature prepared by the Family Financial Counseling Service of the Avco Delta Corporation, P. O. Box 2820, London, Ontario. All questions submitted to the above address will be answered in print or by return mail. Names will not be used in print. However, all questions should be accompanied by a complete name and address.

Dear Sir: My wife says that we are in trouble with the ladies. This is one of them. Nevertheless, she claims that we will save money in the long run on laundry bills, and "it's only \$20 a month," she tells me. Now, I have two questions:

1. Do you think the washer-dryer combination will actually save us money on laundry bills: store perishables in quantity that without a refrigerator you would have to use up at one sitting. The same might be said of an iron and ironing board. You can save money by having shirts "done up" at home that otherwise would have to be laundered — for a price. But to my mind, a washer-dryer is somewhat deliberately designed to get me

Some of the letters I get seem to be deliberately designed to get me

what of another matter. It is a tremendous convenience for the wife (and I won't lie to you; my wife has one) but I don't think it is a money-saver. I don't expect your wife to do the laundry by hand, with a washboard and a tub, but you can do an awful lot of laundry at a laundromat for what it will cost you to buy a washer-dryer. If you can afford it, fine, but don't plan on making money on the deal.

Now, can you really afford it? Since you don't budget and (presumably) spend at or near the limit of your income each month, may I suggest that you ask that question of a trained and qualified budget-counselor. There are professionals "for hire" in your community, but you can get the same service — free — by dropping into a local consumer finance office and telling them that you're considering a \$20 a month expenditure and you want to stay out of financial trouble. They'll ask you a few questions

JEHOVAH'S WITNESSES IN CENTRAL ONT. SPRING SEMINAR FOR MINISTERS OF

A spring seminar for ministers of Jehovah's Witnesses in Central Ontario was announced by Mr. J. Norman Bradshaw, president of the Witnesses in west Haliburton and Minden. A delegation of 100 members from the two area congregations has been invited to attend.

"This program will serve as a guide to the Christian activity of area Witnesses for the next six months," Mr. Bradshaw said. "The mind of man needs divine wisdom to think straight and act wisely. The program will give practical instruction on training people to be spiritually-minded."

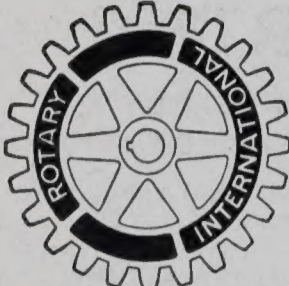
Announcement of the convention came as a climax to the weekly ministry — development school held at the local Kingdom Hall. The course of study sponsored by the Watch Tower Bible and Tract Society, governing agency of Jehovah's Witnesses, will include three days of talks and staged dramatizations on the theme, "Strengthening One Another to Remain in the Faith."

Barrie's North Collegiate will be the site of the conference, April 19 to 21st.

about your income and your monthly bills and in the end advise you as to whether your financial picture indicates that you can or cannot take on additional debts.

This, in the last analysis, will be a favor to your wife. If the counselor says you can afford the washer-dryer, she'll be happy. If he advises against the expenditure, your wife will be glad to know that the two of you avoided a purchase that could have caused you deep trouble in the future.

ROTARY CORNER



The Rotary Club of Minden had a very interesting program on Monday evening, with some twenty-five Rotarians and guests out for the meeting.

The speaker was Miss Anne Barwell who is a member of the Bell Telephone Company in Toronto. She is a native of Toronto and was educated there.

After graduation she joined the Bell assigning the daily work load of over 100 installers in the familiar "green trucks."

In 1956 she journeyed south of the border, working as a stewardess for American Airlines on flights out of New York City.

She returned to Toronto and the Bell Telephone in 1962, instructing and assisting customers with the operation of specialized telephone equipment.

Miss Barwell joined Bell's public relations department in May, 1964. Her assignments include talking to groups within the province, and assisting other Bell management people on public relations matters.

During the past year Miss Barwell has been a member of the Expo speakers Bureau.

Miss Barwell presented slides with sound effects, these were original recordings and slides. Her program was entitled "Down Memory Lane". The Rotarians heard such memorable songs as "Boer War song," "Good-bye Dolly Grey," they relived the emotion of the disastrous arrival of the dirigible Hindenburg and drove a model T, Auburn or Truck car as they visited with such sports names as Tommy Burns, Roger Bannister and Barbara Ann Scott.

Miss Barwell bridged these events with historic highlights in the telephone industry.

Along with Miss Barwell for the evening was District Foreman Mr. Stan Fisher, a new Rotarian in Haliburton. Mr. Fisher is in charge of all maintenance, installations and switch board operations. The people of the county will see quite a bit of Mr. Fisher, as he keeps everyone happy telephone wise.



ONTARIO HOSPITAL SERVICES COMMISSION

NEW HOSPITAL INSURANCE PREMIUMS

HOSPITALS AND HOSPITAL SERVICES ARE BETTER THAN EVER,
BUT THEIR COSTS ARE RISING STEADILY...AND SO ARE OURS.

BETTER CARE—BETTER PROTECTION

Modern scientific hospital care is putting thousands of patients on the road to health every day. This care is the best that has ever been available—but it is becoming more and more costly to provide. Steadily rising hospital costs have, for many years, affected all hospitals across Canada and in other countries. Nevertheless, the quality of hospital care cannot be sacrificed—facilities and service must constantly attain increasingly higher standards. In 1959, however, Ontario Hospital Insurance ended the worry of hospital expense for patients who need such care. Over 7 million Ontario residents, 99% of the people, have peace of mind in knowing that their hospital bills are 'prepaid' through their Government-insurance plan.

WHY COSTS CONTINUE TO RISE

HOSPITALS ARE USED MORE

Greater use is also being made of hospitals because there is no longer a financial barrier to necessary care, more hospital beds are available and there are increasing numbers of elderly citizens, many of whom require prolonged treatment in hospital. In 1947, Ontario had only 17,473

PRICES ARE UP

Hospitals, like everyone else, are paying more for salaries, wages and fringe benefits, and more for food, drugs, equipment, supplies and services.

SERVICE IS BETTER

Medical science now provides many new, costly types of

wages and fringe benefits, and more money for equipment, supplies and services.

SERVICE IS BETTER

Medical science now provides many new, costly types of treatment which require admission to hospital. While these procedures prolong life and improve health, they also increase the use of hospitals and require more skilled staff, more facilities, more drugs and other expensive supplies.

PAY ENVELOPES TAKE MOST

About 75¢ out of every \$1.00 in insured hospital services represents salaries, wages and fringe benefits for hospital employees. Hospital staffs now enjoy employment conditions which are comparable in rates and hours of work

hospital beds are available and there are increasing numbers of elderly citizens, many of whom require prolonged treatment in hospital. In 1947, Ontario had only 17,473 active treatment, chronic and convalescent hospital beds; in 1958 there were 31,000. Today there are over 46,800 such beds available to insured persons. More beds mean more patients, more cost.

and fringe benefits to other similar occupations in the community. This means that hospitals, today, have more and better paid employees to provide their essential round-the-clock service for the sick and injured.

NEW PREMIUM RATES

There has been no change in Ontario Hospital Insurance premiums since 1964, and this has been made possible through increased Provincial Government contributions from general revenues to maintain the premium rates established at that time. In the years 1965, 1966, and 1967, the Provincial Government contributed \$176.5 million in support of the plan, plus some \$334 million for mental and tuberculosis care, and for special and capital hospital grants, to a total of \$510.5 million.

BASIC STANDARD WARD INSURANCE

Single (no eligible dependants) - - - - - \$ 5.50 a month
Family (one or more eligible dependants) - - - \$11.00 a month

The above new rates will be payable on all regular group and pay-direct billings due in April, 1968, to cover the benefit month(s) beginning with July, 1968.

NEW BENEFITS

Consistent with its policy through the years of adding wherever possible to the benefits of Ontario Hospital

Insurance, the following new benefits will be available to insured persons on and after July 1, 1968.

OUT-PATIENT HOSPITAL SERVICES

Coverage for hospital out-patient services prescribed by a physician when associated with necessary medical treatment—but not drugs taken home, or diagnostic x-ray examinations or laboratory tests which are listed as benefits of the Ontario Medical Services Insurance Plan (OMSIP). Such x-rays and laboratory tests, however, will continue to be covered under present "emergency" benefits

and in follow-up treatment of fractures. These added benefits will include the use of a substantial list of care facilities at hospitals which are necessary to modern medical care and will close the gap between present insured services and those services normally covered by OMSIP.

ESSENTIAL AMBULANCE SERVICE

Also, benefits will be provided for ambulance service which is essential for the transportation of a patient. The patient will be required to pay a small portion of the cost

to the ambulance operator at the time the service is provided. Details of the benefit will be announced at a later date.

NOTE: The above summary is for your convenience only. For detailed information please refer to the Provincial and Federal acts and regulations regarding these matters, or write to the address below.

HEALTH INSURANCE REGISTRATION BOARD*

2195 YONGE STREET, TORONTO 7, ONTARIO.

*H.I.R.B.—The Health Insurance Registration Board set up by the Province to act as an agency for both Ontario Hospital Insurance and OMSIP.

The Health Insurance Registration Board is the central registration office handling enrollment, billing, and premium collection, and answering inquiries about the Ontario Government medical health insurance plans.

RED CROSS YOUTH

The voice of youth is one of the most predominant in our society. One half of the world's population is under 25. In this "global village" daily conversation is wide-ranging. Today's teens are more knowledgeable and in many ways more mature than other generations.

This is Red Cross Month and it reminds us that Canadian Red Cross Youth is a broad-spectrum activity that channels the energy, and ideas of youth into a vital programme of health, community service and international understanding.

To meet the demands of youth, Red Cross Youth blends idealism with action. It protests — against ignorance, poverty and hunger — by actively working to alleviate them. The concept of a Friday afternoon fund raising session although still important, is fading before a programme that demands personal involvement in an "other people, other ideas" philosophy.

The roll-call of Red Cross Youth is long and noteworthy. Its members look beyond themselves in the spirit of Red Cross action around the world. For the 14-million members of Red Cross Youth in schools across Canada, the humanitarian ideal challenges young hopes and visions of a better world.

Red Cross Youth offers an alternative to the youth who search for identity in psychedelics. It demands a commitment that youth is willing to accept when given the opportunity.

When you support the work of the Red Cross through your donations you make it possible for Canadian Red Cross Youth to carry on its work. Please be generous when the volunteer calls.

RED CROSS SERVES YOU
EVERY STEP OF THE WAY



WEDDING BOUQUETS

CORSAGES

FUNERAL TRIBUTES

ALL FLORAL
ARRANGEMENTS

"PLEASING YOU MEANS OUR SUCCESS"

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& FLOWER SHOP**

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Minden Ontario

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**ELECTRIC HEATING
IS COMING FAST,
"FOLKS WHO'VE
INSTALLED IT KNOW
IT'S HERE TO LAST"**

**INSTALL
Electric
HEAT**

**PRITCHARD
ELECTRIC
COMPLETE ELECTRICAL SERVICE
PH.60 MINDEN**

**Carnarvon Laundry
and Dry Cleaning**

FREE PICK-UP AND DELIVERY

Phone West Guilford 2648

FAMILIAR TOPIC TO BE HEARD SUNDAY AT UNITED CHURCH

This Sunday at the churches of the Minden - Carnarvon United Church pastoral charge a familiar topic will be dealt with once again. The Sermon for the day is entitled "The Ten Commandments and Morality in Our Day."

The Minister in the pulpit will be the Reverend Noel McNeill from Haliburton. Mr. McNeill has been supplying pulpit ministry consistently for these Churches since last December.

The subject of morality and moral standards is one that concerns us all in our day. We live in a time when old, and in many cases outworn concepts, are being challenged in all fields of human endeavour and interest. A presentation seriously and logically given could be of assistance to many concerned individuals. This is what has been promised for this Sunday. No doubt there will be a good attendance.

MENS LODGE CARD PARTY

The Mens Orange Lodge had a large crowd at their card party. The winners were Lloyd Ackersblade, Alice Pogue, Dora Dawson, Harvey McIntosh, Blanche McIntosh and Bill Burns.

The raffle had as winners Gino Csicsmico \$30. Mrs. Angus Coulter \$20., and Raymond Hewitt \$10.00.

Following the evening of cards the gentlemen served a delicious lunch and cup of tea and all enjoyed a social half hour.

IF YOU EAT ALONE

After retirement or when living alone, many persons are careless about their food, skipping plans for a balanced meal or not eating sufficient food to keep them in good health. It is just as bad to eat more food than is necessary, since this may lead to overweight. Studying nutrients and learning which ones are important to age, activity and general health does not require a college education. There are many publications available from provincial or local health departments which will give information on which foods are the best sources of supply for proteins, minerals and vitamins. They are available on request.



**RED CROSS
IS ALWAYS THERE
WITH YOUR HELP**

Spring Break-Up Specials

NEW & USED EQUIPMENT

HOUGH SKIDDERS

INTERNATIONAL —

CRAWLERS (5 used)

FORKLIFT (1 used)

CASE BACKHOE - LOADER

CASE CRAWLER

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PETERBOROUGH, ONT.

(Makers Of The World's First And Finest)

Quality, Dependability, Service

OVER 60 YEARS OF LEADERSHIP

All Models Available

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CERTIFIED HEARING AID
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Telephone 742-2528

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IN MINDEN For fresh Batteries, Accessories, and Information, drop in to the Cameo Restaurant.

WE REPAIR ALL MAKES AND MODELS

Mr. Wesenberg is in Minden each Week.

NOKES

ELECTRONICS

**TV AND RADIO — RECORD PLAYER
SALES AND SERVICE**

ANTENNA INSTALLATION AND REPAIRS

Antenna Towers

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Bobcaygeon, Ont.

STOMACH ULCER

The stomach is the subject of more complaints than any other part of the body. It is understandable that there is a great deal of confusion and speculation about the symptoms and causes of stomach ulcers.

Stress, worry, fatigue, poor eating habits and the other known causes are certainly contributing factors in the development of an ulcer. The Ontario Medical Association says the key factor, however, is usually an excessive amount of hydrochloric acid in the stomach. This produces the symptom of pain, heartburn, nausea and vomiting. Many people experience these symptoms without having an ulcer. The excess of hydrochloric acid in the stomach may only be producing inflammation.

An ulcer is a small hole in the lining of the stomach, or more often in the lining of the duodenum, which is that portion of the small intestine that follows directly after the stomach.

The O.M.A. advises that when the symptoms persist the person should see his doctor for an examination and advice regarding further tests and x-rays. The doctor will give advice regarding proper diet and drugs for treatment. Ulcers should not be neglected, even if the discomfort is small, because of the dangers of hemorrhage and perforation.

HAVE A HEART.

Can a man who has had a heart attack come back? The answer is an emphatic yes, according to the Department of National Health and Welfare. The department's booklet "Get Fit — Keep Fit" says that a heart attack, for most persons, leaves no permanent disability. Recent studies show that more than 85 per cent can and do return to work after the heart has healed from an attack. Exercises of gradually increasing intensity are prescribed by heart specialists. A person CAN be more fit after an attack than before. However, it is wise to consult your personal physician before undertaking a program of activity. Have a check-up, and if you're found fit, give your heart a break — exercise intelligently.



If you own 1959 Canada Savings Bonds

Here's a special offer just for you

The Government of Canada has created a special new high-yielding security for the advance refunding of 1959 Canada Savings Bonds. These Special Replacement Bonds will be dated May 1, 1968, and will mature in 10 years 5 months on October 1, 1978. They will be available only in exchange for an equal amount of 1959 Canada Savings Bonds, and not for cash. **Their average annual yield to maturity will be 6.88%.** They will retain all the standard features which have made Canada Savings Bonds the most popular investment in Canada's history. This includes the right to cash them any time at any bank for full face value plus earned interest.

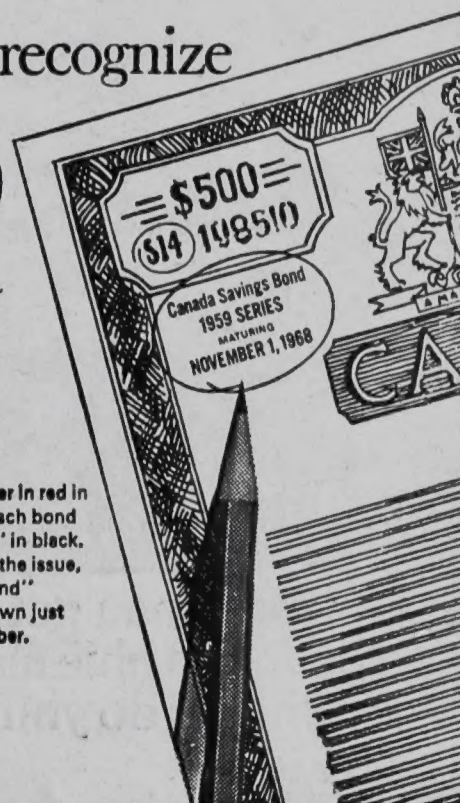
In addition, Special Replacement Bonds offer the opportunity to double your money. If you choose not to cash your regular interest coupons during the life of the bond, 3 Compound Interest Certificates then become payable for a total of \$280.00 extra (on each \$1,000.00 bond). **This amount plus your regular interest coupons doubles your money.** You can take advantage of this compound interest feature in various ways.

And that's not all. There will be two Prepayment Coupons, cashable May 1, 1968, attached to each Special Replacement Bond. They represent the 6 months' interest already earned by your old bond and the prepayment of the 3% non-taxable premium originally due November 1, 1968. On a \$1,000.00 bond, these two Prepayment Coupons will be worth a total of \$55.00.

The exchange procedure is simple. Take your 1959 Canada Savings Bonds to your bank, authorized investment dealer, trust or loan company. They will make all arrangements for you. Exchange your 1959 Canada Savings Bonds for the new high-yielding Special Replacement Bonds without delay. **This offer expires on May 15, 1968.**

How to recognize your 1959 Canada Savings Bonds

First, the serial number in red in the upper corner of each bond is preceded by "S14" in black. Second, the name of the issue, "Canada Savings Bond" "1959 Series" is shown just below the serial number.



SAFE ATTRACTIVE INVESTMENTS

- Victoria & Grey Guaranteed Investment Certificates
- Municipal Debentures
- Yields up to 7½% Interest

ARCHIE STOUFFER, PHONE 90J MINDEN

Local representative Victoria & Grey Trust Co., Lindsay
and J. L. Graham and Co., Toronto

NOTICE

Effective with Monday, 1, April 1968, Canadian National patrons in Minden are requested to use the telephone numbers shown below:

EXPRESS & LESS THAN CARLOAD FREIGHT

For shipments on hand at Kinmount station
Call Kinmount 38

For rates, tracing, customer accounts & claims
Call Long Distance, ask for . . . Zenith 0-0550 (no toll charge)

CARLOAD INFORMATION

For car requirements, switching, carload rates,
car demurrage, tracing, etc.
Call Long Distance, ask for . . . Zenith 0-0650
(no toll charge)

PASSENGER INFORMATION

As in the past, passenger information, tickets & reservations will continue to be handled by:
Kawartha Travel Agency . . . Lindsay 324-6109
Gell Travel Bureau Lindsay 324-9181.

ANGLICAN CHURCH NEWS

CARD PARTY

ST. PAUL'S CARD PARTY

As reported last week, there is a period of "let-up" in the season of Lent, and the card party last Friday was a welcome break in the austerity of this time. A goodly number of people turned out, in spite of the weather, and, as usual, everyone seemed to enjoy the evening tremendously. The prize-winners were for Euchre, Ann Thurston for the Ladies, Jim Wright for the gentlemen, with Audrey Pipher as the lone-hand winner. For Cribbage — Adele Thatcher for the Ladies, and Len Lonsberry for the Gentlemen. As Mrs. Thatcher has only learned to play this game during the last few months, and it was her very first card party, she was astonished and delighted to find herself the winner!

MOTHERING SUNDAY.

Starting an old English tradition at St. Paul's, a Simnel Cake was baked for this day. Miss Colleen Hewitt undertook this quite difficult culinary task with many misgivings, but she needn't have worried — the resulting cake was a masterpiece! All the Church School members received a piece to take home to mother, and many of the adult Congregation also were lucky enough to get a share. The rest of the cake was cut and wrapped for the Congregation at Boskung, who were most interested and appreciative. Miss Hewitt deserves

a big vote of thanks from both Congregations for her effort. It is hoped that this will become an annual custom in the Parish of Minden, and that there will always be some-one as willing, and as good a cook as Colleen, to take on the job!

WEDDING AT MAPLE

It is felt that the people of the Parish of Minden will be interested to know that the Rector and Mrs. Thatcher's son, Julian, is to be married to Miss Linda Graham at St. Stephen's Church, Maple, on Saturday, April 6th. Julian and Linda have attended services on many occasions at St. Paul's when they have visited Minden, so they will be known to quite a few of the Congregation. Mr. Thatcher will be conducting the service, assisted by the Rev. Dr. Ramsay Armistage, Rector of St. Stephen's, of which Parish Miss Graham is a member. In view of the necessary arrangements before the wedding, the Rector and Mrs. Thatcher will be in Toronto for the first week in April. Arrangements have been made for Capt. R.E. Sims, C.A. to take the Wednesday evening service and discussion on April 3rd., and the Rev. Ray Carder of Haliburton will celebrate Communion on Thursday morning, April 4th. at 10.00 a.m. The Rector and Mrs. Thatcher will be returning to Minden in time for Palm Sunday Services on Sunday April 7th.

GOODWILL USED CARS

1966 PONTIAC — STRATO
Auto. 6 Cyl. 4-Door Sedan with Black Top and White Body. One owner. Lic. 629.90H.

1966 PONTIAC — LAUR.
Auto. 6 Cyl. Blue 4-Door Sedan. Low Mileage. Lic. 647-59H.

1966 PONTIAC
V-8, Auto. 4-Door Sedan, green. This one you will have to see. Lic. 647-56H.

1965 PONTIAC — PAR.
2-Door Hard Top. Sport Coupe. Bucket Seats, Console on Floor. Power Steering & Brakes. Just the Car for Spring. 508-40E.

1965 PONTIAC — LAUR.
4-Door Auto. Six. Light Blue; Radio. Excellent Condition. 511-33E.

1964 PONTIAC — LAUR.
V-8 Auto. 4-Door Sedan; Turquoise One owner. Lic. 647-67H.

1964 PONTIAC — STRATO
6-Cyl. Standard Shift. 4-Door Sedan; Biege. Some people like the Standard Shift. — We got one.

1965 OLDS — DELTA
V-8 Auto. 4-Door, Power Steering and Brakes, Tinted Windshield, Excellent Condition, Lic. 182-55A.

1963 PONTIAC — LAUR.
Auto. 6, Power Steering; 4-Door Sedan; Brown. New Low Price. Lic. 647-61H.

1963 FORD FAIRLANE
2-Door Coupe; V-8 Auto. 645-15H.

1963 FORD FALCON
Standard Shift on floor very sporty. Lic. 630-42H.

1962 METEOR
V-8 Auto. 2-Door Coupe. Clean.

1961 CHEV. — IMPALA
V-8 Auto. Conv. Power Steering & Brakes. Lic. 156-450.

1959 INTERNATIONAL
Three quarter Ton Truck. Lic. 878-343.

1958 CHEVROLET
Sedan delivery. Lic. 863-24B.

1952 PONTIAC
2-Door Coupe. This one would really surprise you for its age. Lic. 642-19H.

SPECIAL

Free Wax Job with any Purchase of new or used unit. Limited time only.

ROSS POOLE

MOTOR SALES

Bobcaygeon



**H. Roland Sloan got a Commerce Red Convertible Loan
and bought a blue fastback with buckets.
What model do you want?**

CANADIAN IMPERIAL BANK OF COMMERCE



Minden Progress WANT ADS

**3c A Word, Minimum Charge 50c
Semi Display 65c Per Column Inch**

Thursday, March 28, 1968

FOR SALE

Choice town lot, faces river, 100' X 150'. \$2,100.00 or offer. Phone Peterborough 743-4986.

1953 Ford Truck (Fargo) with new engine and high racks, 7,000 lb. gross weight.

Wisconsin 6 hp. garden tractor with snow blade and plow.

Heavy duty wheelbarrow.

Box stove and smoke pipe.

And several other items.

Cider (grape) Press with Pulper and Barrels.

Contact E. Hirsh at Blairhampton.

1961 tSudebaker Lark. Radio, good tires, (three extra tires) in excellent running condition, can be seen at the Minden Progress.

HELP WANTED REAL ESTATE

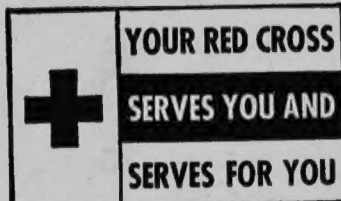
Why not take the plunge now and begin the new year in this wonderfully rewarding business. Unlimited opportunity for ambitious, hard working persons in the following areas: Minden, Halls Lake, Haliburton, Gooderham, Wilberforce, Norland. Well established real estate firm paying the highest commissions in the area. We will train the right people. Write Minden Progress, Box 264, Dept. A. Minden, Ontario.

NOTICE

Fight Medicare — Prevent Compulsory Health Insurance, keep your hard - earned money; start saving by stopping medicare. Sponsored by the Fight Medicare Committee, Baysville, Ontario.

WORMS A PROBLEM?

Use Pamovin Suspension or tablet the single dose treatment for pinworms. Available at the Minden Drug Store.



FOR SALE OR TRADE

2 Lots — New Smyrna Beach Florida — 1,800 each or trade for water front lots, Haliburton or as down payment on cottage. Write Box 264, Dept. "B", Minden Progress, Minden, Ontario.

NOTICE

Mr. and Mrs. Gordon Kellett attended the funeral of the late R. A. Kellett in Peterborough on Friday.

Real Estate



LISTINGS URGENTLY NEEDED

We have through our Toronto Office and U.S. contacts an ever increasing demand for business, homes, summer cottages, cottage lots, resorts, and water frontage. We also have inquiries from customers wanting farms, ranches, hunting grounds, acreage, deserted farms with or without buildings. Acreage any size having a pond stream river or lake frontage. If you are contemplating either selling or buying in the near future please contact the representative in your area. You are under no obligation.

We have several small homes for sale in the town of Haliburton ranging from \$2,500.

Lots for sale on Soyers, Loon, Head, Bitter and Cranberry Lakes. From \$23.00 per foot.

For Information Call

Bob Harvey — Tel. 265M
Minden

Bill Roodenburg — Tel. 508J2
Minden

John K. Smith — Tel. 169W
Haliburton
Ruth Sawyer — Tel. 2402

COMING EVENTS

Unit C of the U.C.W. will hold a rummage sale Saturday April 27th in the United Church basement. Anyone wishing to donate clothing, please leave same at the Minden Bowl or phone Ruth Greir 121W.

IN MEMORIAM

WINDOVER — In loving memory of a dear husband and father, Ernest Windover, who passed away March 26, 1967. Time does not dim our love. Our memories or our loneliness. — Lovingly remembered by his wife Mary, and family.

NOTICE to CREDITORS

AND OTHERS
In the Estate of
MARK SNELL,
deceased.

All persons having claims against the estate of the above mentioned, late of the Township of Anson, in the Provisional County of Haliburton on the 9th day of February, 1968, are required to file proof of the same with Lillian H. Shell, Executrix of the Estate of the said deceased, in care of J. Earl Palmer, Q.C., Minden, Ontario, on or before the 15th day of April, 1968.

After that date the Executrix will proceed to distribute the estate, having regard only to the claims which she then shall have had notice.

Dated at Minden, Ontario, this 6th day of March, 1968.

J. EARL PALMER, Q.C.,
Minden, Ontario,
Solicitor for the said Executrix.

**The Anglican Church of Canada
The Parish of Minden
The Rev. K.A. Thatcher
ST. PAUL'S MINDEN**

5th. Sunday in Lent.

31st. March 1968.

8.00 a.m. Holy Communion

11.00 a.m. The Litany.

Wednesday 3rd. April 1968.

8.00 p.m. Evening Prayer and Discussion.

Capt. R.E. Sims C.A.

Thursday 4th. April 1968.

10.00 a.m. Holy Communion.

The Rev. R. Carder.

5th. Sunday in Lent.

31st. March 1968.

PASSION SUNDAY

4.00 p.m. The Litany.



TO DEBENTURE HOLDERS OF

**The Corporation of the United
Townships of Dysart et al
By-Law 62-14 Debentures**

Take Notice that provision has been made for the redemption before maturity of all debentures outstanding under the said By-law 62-14. Such debentures may be redeemed by the holders thereof together with accrued interest, before maturity, on the 20th day of May 1968 and for a period of 60 days thereafter. Failing presentment within such period, outstanding debentures may be redeemed only on their due date.

All outstanding debentures under the said By-law may be redeemed by presentment at the Bank of Montreal, Haliburton Branch, Haliburton, Ontario. Dated at Haliburton, Ontario this 1st day of April, A.D. 1968.

WAYNE B. WOOD,
Clerk of the Corporation
Dysart et al.

**TO DEBENTURE HOLDERS OF
The Corporation of the United
Townships of Dysart et al
By-Law 65-22 Debentures**

Take Notice that provision has been made for the redemption before maturity of all debentures outstanding under the said By-law 65-22. Such debentures may be redeemed by the holders thereof together with accrued interest, before maturity, on the 20th day of May 1968 and for a period of 60 days thereafter. Failing presentment within such period, outstanding debentures may be redeemed only on their due date.

All outstanding debentures under the said By-law may be redeemed by presentment at the Bank of Montreal, Haliburton Branch, Haliburton, Ontario.

Dated at Haliburton, Ontario this 1st day of April, A.D. 1968.

WAYNE B. WOOD,
Clerk of the Corporation
of the United Townships of
Dysart et al.

TO DEBENTURE HOLDERS OF

**The Corporation of the United
Townships of Dysart et al
By-Law 60-2 Debentures**

Take Notice that the Corporation of the United Townships of Dysart et al, pursuant to the provisions of Section 282(12) of the Municipal Act R.S.O., 1960 and the terms of By-Law 60-2, intends to redeem all outstanding debentures under the said By-law 60-2 on the 20th day of May 1968. From and after such date no further interest shall accrue or be payable.

All outstanding debentures under the said By-law may be redeemed by presentment at the Bank of Montreal, Haliburton Branch, Haliburton, Ontario.

WAYNE B. WOOD,
Clerk of the Corporation
of the United Townships of
Dysart et al.

TO DEBENTURE HOLDERS OF

**The Corporation of the United
Townships of Dysart et al
By-Law 65-15 Debentures**

Take Notice that provision has been made for the redemption before maturity of all debentures outstanding under the said By-law 65-15. Such debentures may be redeemed by the holders thereof together with accrued interest, before maturity, on the 20th day of May 1968 and for a period of 60 days thereafter. Failing presentment within such period, outstanding debentures may be redeemed only on their due date.

All outstanding debentures under the said By-law may be redeemed by presentment at the Bank of Montreal, Haliburton Branch, Haliburton, Ontario.

Dated at Haliburton, Ontario this 1st day of April, A.D. 1968.

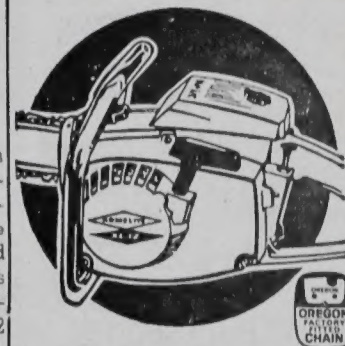
Dated at Haliburton, April 1, 1968.
WAYNE B. WOOD,
Clerk of the Corporation
of the United Townships of
Dysart et al.

**GET A GREAT
CHAIN SAW!**

**HOMELITE
XL-12**

**cuts 12" logs in 10 seconds
fells trees up to 3' in diameter**

**Weights only
12 lbs (less bar
and chain)**



- Does dozens of woodcutting chores.
- Perfectly balanced for easy handling.
- Rugged die-cast unit stands up to hardest use.

Get a free demonstration today!

**ALLIN S. COOPER
R. R. 1 (Allsaw)
Phone 533 Minden, Ont.**

RED & WHITE

BETTER QUALITY FRIENDLIER SERVICE GREATER SAVINGS

3 Big Days !! Thursday, Friday and Saturday

FACIAL TISSUES 3 FOR \$1.00

Best Buy! — KLEENEX — save 10c! — pkgs. 400's

Best Buy! — Mother Parker's — save 8c! — 60 to pkg.,

TEA BAGS 79c

Best Buy! — Purex — 2 ply, — save 17c! — rolls

BATHROOM TISSUE 6 FOR 88c

Best Buy! — St. Lawrence — save 20c — 25 oz. Tin

CORN OIL 59c

Best Buy! — Healtho Cat or Dog Food — 16 oz. Tin — each

CAT OR DOG FOOD 12 FOR 99c

Best Buy! — Maxwell House — save 30c! — 12 oz. Jar

INSTANT COFFEE \$1.59

Nabisco — spoon size — save 4c! — 12½ oz. pkg.

SHREDDED WHEAT 29c

Gaines Burgers — cash your 10c coupon — save 10c — 36 oz. pkg.

DOG FOOD 79c

Betty Crocker — layer style — save 9c! — pkgs.

CAKE MIXES 2 FOR 89c

Success — super white — 8c off pack — reg. 69c lb. tin

PASTE WAX 59c

Heinz — save 5c — 6 oz. jar

PREPARED MUSTARD 2 FOR 25c

Beef or Chicken — save 4c! — 12 to pkg.

OXO CUBES 35c

Sliced, — Crushed, — Chunks, — save 8c! — 14 oz.

LIBBY'S PINEAPPLE 2 FOR 59c

Supreme Brand — Sweet Mixed or Sweet Relish — 15 oz. Tin

PICKLES 29c

Culverhouse Choice Quality — save 9c! — 19 oz. Tins.

CREAM STYLE CORN 4 FOR 89c

E. D. Smith's — save 8c! — 11 oz. btl.

TOMATO KETCHUP 2 FOR 39c

Red & White Blend — save 14c — lb. bag

ROASTED COFFEE 75c

Sunlight Pure — 10c off pack — gt. pkg.

HEAVY DUTY DETERGENT 79c

Red & White — 6 to pkg.

HOT CROSS BUNS 35c

Weston Iced — reg. 45c — 6 to pkg.

RASPBERRY BUTTERHORNS 41c

Reg. 2 for 49c — reg. bars

DOVE BEAUTY SOAP 2 FOR 45c

taste-tempting
meats

"Specially Selected" Choice Plump Canada Grade "A" Eviscerated
(2½ to 3 lb. avg.)

CHICKENS 33c lb.

WHOLE CUT UP CHICKEN IN A BASKET LB. 39c

"Maple Leaf" Sweet Pickled Cryovac Half

COTTAGE ROLL LB. 59c

"Maple Leaf" Mild Seasoned Pork and Beef — 1 lb. Tray

SAUSAGE LB. 55c

"Maple Leaf" Mild Seasoned (by the piece)

BOLOGNA LB. 35c

"Maple Leaf" Fresh Sliced Assorted — 16 oz. Pkg.

LUNCHEON MEATS 69c

Plump Young Tender

CHICKEN LEGS OR BREASTS 5 LB. \$2.69

Swift Premium

SKINLESS WIENERS LB. 49c

Swift Premium

RINDLESS BACON LB. 69c

SUNSHINE FRESH PRODUCE!

Garden Fresh New — No. 1

CABBAGE LB. 10c

Crisp New McIntosh — 3 lb. Poly Bag

APPLES 45c

Ice Fresh Pascal — No. 1 — Large Stalk

CELERY 23c

Clean Pot Ready — No. 1 — 10 oz. Cello Bag

SPINACH 2 FOR 45c